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Your 3-Day Emergency Food Supply

Sample menu for a three-day food supply

This will give you an idea of what a three-day supply of shelf-stable foods (for one person) may look like. It is based on the Food Guide Pyramid. If this example contains foods you don't like, substitute foods you do like, in the same food group.

Bread, Cereal, Rice and Pasta Group		
Quantity	Item	Servings
2	single serving packages ready-to-eat cereal	2
1	single serving package instant oat cereal*	1
1	9 oz. box wheat crackers	8
1	3.6 oz. bag popcorn mini cakes	7
2	1.5 oz. granola bars	2
Total # Servings (one person, three days)		20

Fruit Group		
Quantity	Item	Servings
1	6 oz. can orange juice	1
2	4 oz. can mixed fruit	2
1	.75 oz. fruit roll	1
2	1.5 oz. box raisins	2
2	8 oz. box apple juice	2
2	4 oz. cups apple sauce	2
Total # Servings (one person, three days)		10

Vegetable Group		
Quantity	Item	Servings
1	11.5 oz. can vegetable juice	2
1	1.5 oz. cup instant mashed potatoes*	1
1	8.5 oz. can mixed vegetables	2
1	9 oz. can yams	1.5
1	8 oz. can green beans	2
1	8 oz. can stewed tomatoes	2
Total # Servings (one person, three days)		10.5

Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group		
Quantity	Item	Servings
1	10 oz. can chili with beans	1
1	2 oz. can chicken	1
1	3.25 oz. can tuna	1
1	2.29 oz. cup split pea instant soup*	1
1	12 oz. jar peanut butter	5
Total # Servings (one person, three days)		9

Milk, Yogurt & Cheese Group		
Quantity	Item	Servings
4	8 oz. boxes of shelf-stable milk or enriched soy milk	4
1	8.75 oz. box shelf-stable processed cheese	3
1	5 oz. can evaporated milk	2
Total # Servings (one person, three days)		9

Other Group		
Quantity	Item	Servings
1	bag hard candy and chocolate	varies
3	gallons boiled water	Includes washing

* If you don't have a way to **boil water** when the power is off, do not include **instant foods**. They will consume your water supply too fast.

Once assembled, your emergency food supply should be stored in the coolest cabinets or pantry and away from appliances that produce heat. Canned foods should **not** be stored in outside buildings where the temperature gets extremely high in the summer. Remember to store the food supply where it will be safe from insects, rodents and possible flooding.

Taken from: Louisiana Floods: Living with hurricanes, LSU Ag Center

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Publication # MCFCS0202